

FACULTY OF ARTS AND SOCIAL SCIENCES

SYLLABUS

of

Physical Education

for

Bachelor of Arts (SEMESTER-I to VI)

(Under Credit Based Continuous Evaluation Grading System)

Session: 2025-26



The Heritage Institution
KANYA MAHA VIDYALAYA JALANDHAR
(Autonomous)

Kanya Maha Vidyalaya, Jalandhar (Autonomous)
SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE-YEAR DEGREE PROGRAMME
Bachelor of Arts
Session-2025-26

BACHELOR OF ARTS SEMESTER-I								
Course Code	Course Title	Course Type	L-T-P	Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
BARM-1384	Physical Education	E	3-0-1	100	40	30	30	3+3

COURSE OUTCOMES: PHYSICAL EDUCATION

Upon Successful Completion of this Semester, Students will be able to:

- CO1:** This section gives a brief overview of Meaning & Definition of Education and Physical Education, Aim and Objectives of Physical Education and also be able to apply this knowledge to analyse the Positive Relationship between Education and Physical Education.
- CO2:** This Section gives a brief overview and addressing areas such as Biological Principles of Growth and Development, Age and Sex differences, it also highlights various Effects of Heredity and Environment on Growth and Development, different types of Age and Body types.
- CO3:** This section gives a brief overview and provides a context for the History of Physical Education in India from Pre-Independence and Post-Independence from earliest times to the present. It provides updates on the various Sports Schemes in India
- CO4:** This section gives a brief overview of progress of Olympic Movement and Historical Development of Ancient, Modern Olympic Games and Punjab State Institute of Sports and it's also offers expanded coverage of History of Commonwealth Games, Asian Games.

Bachelor of Arts
Semester-I
Session 2025-26
Course Code: BARM-1384
Course Title: Physical Education

Time: 3 Hours

Max. Marks: 100

Theory: 40

Practical: 30

CA: 30

Instructions for the Paper Setter: Eight questions of equal marks (10 marks) are to be set, two in each of the Four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the Syllabus Respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any section.

UNIT-I

- Definition of the terms: Education, Physical Education, Physical Training and Coaching
- Aim and Objectives of Physical Education
- Relationship of Education and Physical Education

UNIT-II

- Biological Principles
 - Growth and Development
 - Age and Sex differences
 - Effects of Heredity and Environment on Growth and Development
 - Chronological Age, Physiological Age, Anatomical age and Mental age
- Body Types

UNIT-III

- Development of Physical Education and Sports in India
 - Pre Independence
 - Post Independence
- Sports Schemes in India
 - N.S.N.I.S.
 - Sports Authority of India
 - Punjab Sports Department
 - Punjab State Sports Council

UNIT-IV

- Olympic Games
- Ancient Olympics
- Modern Olympics
- Commonwealth Games
- Asian Games

References/Text Books:

1. Barrow, H.M. (1973). Man and His Movements: Principles of Physical Education, Lea and Febiger.
2. Reverse, R.S. (1978). Foundations of Physical Education Houghton Mifflin Co. Boston, Latest Edition.
3. Bucher, C.S. (1968). Foundations of Physical Education 5th Edition, at Louis C.V. Mosby. C.
4. Eraz Ahmad Khan. History of Physical Education-Scientific Book Co., Patna-4, Latest Ed.
5. Tadan D.K. (2001). Scientific basis of Physical Education and Sports, Friends Publication, New Delhi.
6. Singh Ajmer and Gill Jagtar. (2004). Essentials of Physical Education and Olympic Movement, Kalyani Publishers, Ludhiana.
7. Kang G.S. and Deol N.S. (2008). An Introduction to Health and Physical Education, 21st Century, Patiala.

Bachelor of Arts
Semester-I
Session 2025-26
Course Code: BARM-1384
Course Title: Physical Education
Practical

Marks: 30

Division of Marks: Athletics (07) + Games (07) + Practical Note Book (4),
*Games/Athletics Event Comprehensions & Viva–Voce (12)

Athletics Performance:

- 100 Meters
- Shot-put

Games:

- Volleyball, Cricket

***Games/Athletics Event Comprehensions & Viva–Voce**

- History of the Game/Athletic Events
- Basic Fundamentals
- Equipment and Specifications
- Marking/Layout of Field
- Rules and Regulations (Number of Players, Number of Officials required and General Rules of Play)
- Major Tournaments/Competitions

Kanya Maha Vidyalaya, Jalandhar (Autonomous)
SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE-YEAR DEGREE PROGRAMME
Bachelor of Arts
Session-2025-26

BACHELOR OF ARTS SEMESTER-II								
Course Code	Course Title	Course Type	L-T-P	Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
BARM-2384	Physical Education	E	3-0-1	100	40	30	30	3+3

COURSE OUTCOMES: PHYSICAL EDUCATION

Upon Successful Completion of this Semester, Students will be able to:

CO1: This section gives a brief overview of Cell: Meaning, Structure and Functions of Cell, Skeletal System: Types of Bones, Names of the Various Bones of the Body, Various Types of Joints and also be able to apply this knowledge to know about the role of Muscular System: Various Types of Muscles and Structure of Skeletal Muscles.

CO2: This Section gives a brief overview of role of Nutrition: Elements of Balanced Diet, Functional Diet/Food for achieving the peak performance in sports competition, Doping in Sports and Pre, During & Post Competition diet for Sports Persons.

CO3: This section gives a brief overview of concept of Meaning and Scope of Health Education. Hygiene Problems of Educational Institutions and their Remedial Measures and Harmful effects of Air and Water Pollution and its Remedial Measures.

CO4: This section gives a brief overview of First aid in Case of Snake Bite, Drowning, Electric Shock and Burns and Communicable Diseases: Mode of Transmission, Prevention and control of Tuberculosis, Hepatitis (A & B), Rabies and HIV/AIDS, Effects of Alcohol and Smoking on Health

**Bachelor of Arts
Semester-II
Session 2025-26
Course Code: BARM-2384
Course Title: Physical Education**

Time: 3 Hours

Max. Marks: 100

Theory: 40

Practical: 30

CA: 30

Instructions for the Paper Setter: Eight questions of equal marks (10 marks) are to be set, two in each of the Four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the Syllabus Respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any section.

UNIT-I

- Cell: Structure and Functions
- Skeletal System: Types of Bones, Names of the Various Bones of the Body, Various Types of Joints
- Muscular System: Various Types of Muscles, Structure of Skeletal Muscles

UNIT-II

- Nutrition: Elements of Balanced Diet, Functional Diet/Food
- Pre, During & Post Competition diet for Sports Persons
- Doping in Sports

UNIT-III

- Meaning and Scope of Health Education. Hygiene Problems of Educational Institutions and their Remedial Measures
- Air and Water Pollution and its Remedial Measures

UNIT-IV

- First aid in Case of Snake Bite, Drowning, Electric Shock and Burns
- Communicable Diseases: Mode of Transmission, Prevention and control of Tuberculosis, Hepatitis (A & B), Rabies and HIV/AIDS
- Effects of Alcohol and Smoking on Health

References/Text Books:

1. Atwal & Kansal. (2016). “AP Text Book of Health, Physical Education & Sports”, AP Publishers.
2. R. D. Kansal. (2009). “Physical Education and Sports”, Modern Publishers, India.
3. John Raynor. (1983). Anatomy and Physiology, New York Harper & Row.
4. Rose & Wilson. (1981). Foundations of Anatomy and Physiology, 5th Edition.
5. Parror, J.W. (1983). Anatomy and Physiology for Physical Education Teachers, Lend; Edward Arnold Healthful Living McGraw Hill.
6. Singh Ajmer & Gill Jagtar. (2004). Essentials of Physical Education and Olympic Movement, Kalyani Publishers, Ludhiana.
7. Kang G.S. & Deol N.S. (2008). An Introduction to Health and Physical Education 21st Century, Patiala.
8. Memmler et al. (1992). “Structure & Function of the Human Body”, Lippincott Williams & Wilkins; Subsequent.

Bachelor of Arts
Semester-II
Session 2025-26
Course Code: BARM-2384
Course Title: Physical Education
Practical

Marks: 30

Division of Marks: Athletics (07) + Games (07) + Practical Note Book (4),
*Games/Athletics Event Comprehensions & Viva–Voce (12)

Athletics Performance:

- 100 Meters
- Long Jump

Games:

- Handball, Kho-Kho

***Games/Athletics Event Comprehensions & Viva–Voce**

- History of the Game/Athletic Events
- Basic Fundamentals
- Equipment and Specifications
- Marking/Layout of Field
- Rules and Regulations (Number of Players, Number of Officials required and General Rules of Play)
- Major Tournaments/Competitions

Kanya Maha Vidyalaya, Jalandhar (Autonomous)
SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE-YEAR DEGREE PROGRAMME
Bachelor of Arts
Session: 2025-26

BACHELOR OF ARTS SEMESTER-III							
Course Code	Course Title	Course Type	Marks				Examination time (in Hours)
			Total	Ext.		CA	
				L	P		
BARM-3384	Physical Education	E	100	40	30	30	3+3

COURSE OUTCOMES: PHYSICAL EDUCATION

Upon Successful Completion of this Semester, Students will be able to:

CO1: This section gives a brief overview of Meaning of Learning, Laws of Learning, Learning Curve, Notion of Motivation, & Different Theories of Motivation

CO2: This section gives a brief overview of Play Theories, Psychological Factors Effecting Sports Performance, and Psychological Characteristics of the Adolescent in Sports Situation.

CO3: This section gives a brief overview of Concept of Personality, Transfer of Training, Factors Affecting Transfer of Training, Concept of Growth and Development, it also highlights.

CO4: This section gives a brief overview of Causes of Poor Performance of Sports in India, Concept of Socialization through Sports, Role of Politics and Economy in the Promotion of Games and Sports

Bachelor of Arts
Semester-III
Session 2025-26
Course Code: BARM-3384
Course Title: Physical Education

Time: 3 Hours

Max. Marks: 100

Theory: 40

Practical: 30

CA: 30

Instructions for the Paper Setter: Eight questions of equal marks (10 marks) are to be set, two in each of the Four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the Syllabus Respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any section.

UNIT-I

- Meaning of Learning, Nature of Skill Learning and Laws of Learning, Learning Curve
- Meaning, Definitions, Types and Methods of Motivation & Different Theories of Motivation

UNIT-II

- Play Meaning and Theories
- Psychological Factors Effecting Sports Performance i.e., Stress Tension, Anxiety, Aggression
- Psychological Characteristics of the Adolescent in Sports Situation.

UNIT-III

- Meaning, Definitions, Characteristics, Dimensions of Personality
- Meaning, Definitions, Types and Factors Affecting Transfer of Training
- Growth and Development during Childhood: Physical, Mental, Emotional, Social Development

UNIT-IV

- Causes of Poor Performance of Sports in India
- Meaning and Definitions of Socialization, Socialization through Sports
- Role of Politics and Economy in the Promotion of Games and Sports.

References/Text Books:

1. Singh, Kanwaljeet and Singh Inderjeet. (2000). Sports Sociology, Friends Publication, New Delhi.
2. Tandan, D.K. (2001). Scientific basis of Physical Education and Sports, Friends Publication, New Delhi.
3. Singh, Ajmer and Gill Jagtar. (2004). Essentials of Physical Education and Olympic Movement, Kalyani Publishers, Ludhiana.
4. Blair Jones & Simpson. (1962). Educational Psychology". The MacMillan Co., New York.
5. Brown, R: (1965). Social Psychology, Free Press, New York.
6. Bucher, Charles A. (1979). Foundations of Physical Education", St. Louis, The C.V. Mosby Company.
7. Singh, Ajmer. (2000). Modern Text Books of Physical Education, Health and Sports, Kalyani Publishers, Ludhiana, 2000.

**Bachelor of Arts
Semester-III
Session 2025-26
Course Code: BARM-3384
Course Title: Physical Education
Practical**

Marks: 30

Division of Marks: Athletics (07) + Games (07) + Practical Note Book (4),
*Games/Athletics Event Comprehensions & Viva–Voce (12)

Athletics Performance:

- 200 M
- Discuss Throw

Games:

Football, Wrestling

***Games/Athletics Event Comprehensions & Viva–Voce**

- History of the Game/Athletic Events
- Basic Fundamentals
- Equipment and Specifications
- Marking/Layout of Field
- Rules and Regulations (Number of Players, Number of Officials required and General Rules of Play)
- Major Tournaments of the Game/Competitions

Kanya Maha Vidyalaya, Jalandhar (Autonomous)
SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE-YEAR DEGREE PROGRAMME
Bachelor of Arts
Session: 2025-26

BACHELOR OF ARTS SEMESTER-IV								
Course Code	Course Title	Course Type	L-T-P	Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
BARM-4384	Physical Education	E	3-0-1	100	40	30	30	3+3

COURSE OUTCOMES: PHYSICAL EDUCATION

Upon Successful Completion of this Semester, Students will be able to:

CO1: This section gives a brief overview of Yoga, Meaning, Aim and Types, Practice of Asanas and their Importance, Meditative Poses, Padmaasanas, Vajraasanas, Sukhasanas and Cultural Poses: Halasana, Sarvangasana, Bhujangasana, Salabhasana, Dhanurasana, and Chakrasana.

CO2: This Section gives a brief overview of Pranayama, its Importance and Types, Objectives and Physiological Values, Shudhi-Kriya: Its Types, Objectives and Physiological Values, Effect of Yogic and Physical Exercises on Various Systems of the Body.

CO3: This Section gives a brief overview of working of different systems such as Respiratory System: Organs of Respiratory, Mechanism of Respiration, Excretory System: Structure and Functions of Kidney and Skin, Endocrine System: Meaning of Endocrine Glands, Functions and Location of Pituitary, Thyroid and Adrenal Glands

CO4: This section gives a brief overview of working of different systems such as Nervous System: Its Organs and Functions, Digestive System: its Organs and Mechanism of Digestion Circulatory System: Heart and Its Structure, Mechanism of Circulation of Blood, Various Types of Blood Vessels, Effect of Exercises on different Systems of Human Body.

Bachelor of Arts
Semester-IV
Session 2025-26
Course Code: BARM-4384
Course Title: Physical Education

Time: 3 Hours

Max. Marks: 100

Theory: 40

Practical: 30

CA: 30

Instructions for the Paper Setter: Eight questions of equal marks (10 marks) are to be set, two in each of the Four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the Syllabus Respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any section.

UNIT-I

- Meaning, Aim and Types of Yoga
- The Practice of Asanas and their Importance, Meditative Poses, Padmaasanas, Vajraasanas, Sukhasanas
- Cultural Poses: Halasana, Sarvangasana, Bhujangasana, Salabhasana, Dhanurasana, Chakrasana

UNIT-II

- Pranayama, Its Types, Objectives and Physiological Values
- Shudhi-Kriya: Its Types, Objectives and Physiological Values
- Effect of Yogic and Physical Exercises on Various Systems of the Body

UNIT-III

- Respiratory System: Organs of Respiratory, Mechanism of Respiration
- Excretory System: Structure and Functions of Kidney and Skin
- Endocrine System: Meaning of Endocrine Glands, Functions and Location of Pituitary, Thyroid and Adrenal Glands

UNIT-IV

- Nervous System: Its Organs and Functions
- Digestive System: its Organs and Mechanism of Digestion
- Circulatory System: Heart and Its Structure, Mechanism of Circulation of Blood, Various Types of Blood Vessels
- Effect of Exercise on Muscular, Circulatory and Respiratory Systems

References/Text Books:

1. Atwal & Kansal. (2016). "AP Text Book of Health, Physical Education & Sports", AP Publishers.
2. R. D. Kansal. (2009). "Physical Education and Sports", Modern Publishers, India.
3. Sri Anand. (1980). "*The Complete Book of Yoga: Harmony of Body and Minds*", Orient Paper Back, New Delhi.
4. John Raynor. (1983). *Anatomy and Physiology*, New York Harper & Row.
5. Rose & Wilson. (1981). *Foundations of Anatomy and Physiology*, 5th Edition.
6. Parror, J.W. (1983). *Anatomy and Physiology for Physical Education Teachers*, Lend; Edward Arnold Healthful Living McGraw Hill.
7. Vijayendra Pratap. (1987). "*A Teacher's Guide for Beginning Yoga*", First Edition, Sky Foundations, Philadelphia, Pennsylvania, U.S.A.
8. Memmler, Cohen & Wood. (1992). "Structure & Function of the Human Body", Lippincott Williams & Wilkins; Subsequent.

Bachelor of Arts
Semester-IV
Session 2025-26
Course Code: BARM-4384
Course Title: Physical Education
Practical

Marks: 30

Division of Marks: Athletics (07) + Games (07) + Practical Note Book (4),
*Games/Athletics Event Comprehensions & Viva–Voce (12)

Athletics Performance:

- 200M
- High Jump

Games:

- Hockey, Yoga

***Games/Athletics Event Comprehensions & Viva–Voce**

- History of the Game/Athletic Events
- Basic Fundamentals
- Equipment and Specifications
- Marking/Layout of Field
- Rules and Regulations (Number of Players, Number of Officials required and General Rules of Play)
- Major Tournaments/Competitions

Kanya Maha Vidyalaya, Jalandhar (Autonomous)
SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE-YEAR DEGREE PROGRAMME
Bachelor of Arts
Session-2025-2026

BACHELOR OF ARTS SEMESTER-V							
Course Code	Course Title	Course Type	Marks				Examination time (in Hours)
			Total	Ext.		CA	
				L	P		
BARM-5384	Physical Education	E	100	50	30	20	3+3

COURSE OUTCOMES: PHYSICAL EDUCATION

Upon Successful Completion of this Semester, Students will be able to:

CO1: This section gives a brief overview of Meaning & Importance of Recreation and Aim & Objectives of Recreation, National Sports Awards.

CO2: This section gives a brief overview of Obesity, Weight Management and Physical Activity, Law of Motion, Lever and its Types, Equilibrium, Its Types, Centre of Gravity, Force and its Types, Friction and Muscular Contraction.

CO3: This section gives a brief overview of Posture: Meaning and Types of Postures and Postural-Deformities.

CO4: Meaning, Aims and Objective and Principles of Sports Training and Normal Load, Crest Load and Over Load, Meaning and Importance of Warming up and Cooling Down in Sports

**Bachelor of Arts
Semester-V
Session 2025-2026
Course Code: BARM-5384
Course Title: Physical Education**

Time: 3 Hours

Max. Marks: 100

Theory: 50

Practical: 30

CA: 20

Instructions for the Paper Setter: Eight questions of equal marks (10 marks) are to be set, two in each of the Four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the Syllabus Respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any section.

UNIT-I

- Recreation: Meaning, Types and Importance of Recreation
- Sports Awards:
 - a. Arjuna Award b. Dronacharya Award c. Dhayanchand Khel Ratan Award d. Maka Trophy
 - e. Maharaja Ranjit Singh Award
- Principles of Recreation
- Agencies Providing Recreation in India

UNIT-II

- Obesity, Weight Management and Physical Activity
- Laws of Motion, Lever and its Types, Equilibrium, its Types, Centre of Gravity, Force and its Types, Friction
- Muscular Contraction: Eccentric, Concentric, Isotonic, Isometric, Isokinetic Exercises
- Motor Unit

UNIT-III

- Posture: Meaning and Types of Postures
- Postural Deformities: Flat Foot, Bow Legs, Round Shoulder, Kyphosis, Lordosis and Scoliosis, their Causes, and Corrective Exercises

UNIT-IV

- Sports Training: Meaning, Aims & Objective and Principles of Sports Training
- Normal Load, Crest Load and Over Load
- Meaning and Importance of Warming up and Cooling Down in Sports

References/Text Books:

8. Bell, A.J. (1964). Massage and the Physiotherapist: Physiotherapy.
9. Butler, G.D. (1959). Introduction to Community Recreation, McGraw Hill Book Company, Inc. New York.
10. Tandan, D.K. (2001). Scientific basis of Physical Education and Sports, Friends Publication, New Delhi.
11. Singh, Ajmer and Gill Jagtar. (2004). Essentials of Physical Education and Olympic Movement, Kalyani Publishers, Ludhiana.
12. Kang G.S. (2000). Anatomy, Physiology and Health Education, Publication Bureau, Punjabi University Patiala.
13. Kang G.S. and Deol, N.S. (2008). An Introduction to Health and Physical Education 21st Century, Patiala.

**Bachelor of Arts
Semester-V
Session 2025-2026
Course Code: BARM-5384
Course Title: Physical Education
Practical**

Marks: 30

Division of Marks: Athletics (07) + Games (07) + Practical Note Book (4),
*Games/Athletics Event Comprehensions & Viva–Voce (12)

Athletics Performance

- 800M
- Triple Jump

Games:

- Basketball, Judo

***Games/Athletics Event Comprehensions & Viva–Voce**

- History of the Game/ Athletic Events
- Basic Fundamentals
- Equipment and Specifications
- Marking/Layout of Field
- Rules and Regulations (Number of Players, Number of Officials required and General Rules of Play)
- Major Tournaments of the Game/Competitions

Kanya Maha Vidyalaya, Jalandhar (Autonomous)
SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE-YEAR DEGREE PROGRAMME
Bachelor of Arts
Session: 2025-26

BACHELOR OF ARTS SEMESTER-VI							
Course Code	Course Title	Course Type	Marks				Examination time (in Hours)
			Total	Ext.		CA	
				L	P		
BARM-6384	Physical Education	E	100	50	30	20	3+3

COURSE OUTCOMES: PHYSICAL EDUCATION

Upon Successful Completion of this Semester, Students will be able to:

CO1: This section gives a brief overview of Care, Prevention and Causes of Sports Injuries: Sprain, Strain, Contusion and Dislocation and General Concept of Vital Capacity, Blood Pressure, Second Wind, and Fatigue & Oxygen Debt, General and Specific Conditioning and Tournaments: Meaning, Types and Draw of Fixtures.

CO2: This section gives a brief overview of Intramural and Extramural Competitions: Meaning, Procedure to Conduct and Importance of Intramurals and Extramural, Organisation of Camps, Play Days (Sports Meet) and Need and Scope of Coaching in India. Professional Preparation of Coaches & Qualifications and responsibilities of a Good Coach.

CO3: This section gives a brief overview of Kinesiology, Meaning and Importance of Biomechanics and its Importance, Distance, Displacement, Speed, Velocity and Acceleration –Therapeutic Exercises, their Classification and Benefits.

CO4: This section gives a brief overview of Components of Physical Fitness, Speed, Strength, Endurance, Agility and Flexibility, Training Methods; Circuit, Interval, Fartlek, Weight-Training and Cross Country and Methods of Improving Strength, Speed, Endurance, Flexibility and Agility.

Bachelor of Arts
Semester-VI
Session 2025-26
Course Code: BARM-6384
Course Title: Physical Education

Time: 3 Hours

Max. Marks: 100

Theory: 50

Practical: 30

CA: 20

Instructions for the Paper Setter: Eight questions of equal marks (10 marks) are to be set, two in each of the Four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the Syllabus Respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any section.

UNIT-I

- Care, Prevention and Causes of Sports Injuries: Sprain, Strain, Contusion and Dislocation
- General Concept of Vital Capacity, Blood Pressure, Second Wind, Fatigue & Oxygen Debt
- General and Specific Conditioning
- Tournaments: Draw of Fixtures, Types of Tournaments
 - (a) Knock Out
 - (b) League
 - (c) Combination Tournament
 - (d) Challenge Tournament

UNIT-II

- Intramural and Extramural Competitions and their Importance
- Organisation of Camps, Play Days (Sports Meet)
- Need and Scope of Coaching in India. Professional Preparation of Coaches & Qualifications and Responsibilities of a Good Coach

UNIT-III

- Meaning and Importance of Kinesiology
- Meaning and Importance of Biomechanics and its Importance, Distance, Displacement, Speed, Velocity and Acceleration
- Therapeutic Exercises, their Classification and Benefits.

UNIT-IV

- Components of Physical Fitness, Speed, Strength, Endurance, Agility and Flexibility
- Training Methods; Circuit, Interval, Fartlek, Weight-Training and Cross Country
- Methods of Improving Strength, Speed, Endurance, Flexibility and Agility

References/Text Books:

1. Atwal & Kansal. (2016). "AP Text Book of Health, Physical Education & Sports", AP Publishers.
2. R. D. Kansal. (2009). "Physical Education and Sports", Modern Publishers, India.
3. Tandon D.K. (2001). Scientific Basis of Physical Education and Sports, Friends Publication New Delhi.
4. Singh Ajmer and Gill Jagtar. (2004). Essentials of Physical Education and Olympic Movement, Kalyani Publishers, Ludhiana.
5. Kang G.S. (2000). Anatomy, Physiology and Health Education, Publication Bureau, Punjabi University Patiala.
6. Frank W. Dick. (1980). "Sports Training Principles", A & C Black Publisher Limited, Scotland.
7. Ramesh Rai. (2003). "Biomechanics: Mechanical Aspects of Human Motion" Agrim Publication, India.
8. Hardayal Singh. (1984). "Sports Training: General Theory & Methods", Netaji Subhas National Institute of Sports.

Bachelor of Arts
Semester-VI
Session 2025-26
Course Code: BARM 6384
Course Title: Physical Education
Practical

Marks: 30

Division of Marks: Athletics (07) + Games (07) + Practical Note Book (4),
*Games/Athletics Event Comprehensions & Viva-Voce (12)

Athletics Performance:

- 800M
- Javelin Throw

Games:

- Kabaddi and Badminton

***Games/Athletics Event Comprehensions & Viva-Voce**

- History of the Game/Athletic Events
- Basic Fundamentals
- Equipment and Specifications
- Marking/Layout of Field
- Rules and Regulations (Number of Players, Number of Officials required and General Rules of Play)
- Major Tournaments/Competitions